

## from the kitchen

By Joan Pinkham

If Santa brought you a five-pound box of cream-filled chocolates, a size 44 cardigan or a voluminous, tent-like dress, now is the time to start dutifully



PHYLLIS PINEO WARREN  
... of Seaview Ave., Marshfield,  
one of six master instructors in  
U.S. with Diet Workshop, Inc.

counting calories. With the last crumb of your Christmas cookies merely a pleasing memory, this can be the start of a year culminating in a sleigh full of bikinis and size five gowns.

That's how it was for Phyllis Pineo Warren. Ten years of marriage and two baby girls later, the pounds were multiplying and, not liking either the way she looked or felt, off she went to a Diet Workshop.

Now, four years later and 45 lbs. lighter, Phyll says "I felt better and looked 10 years younger." That's not the end of the story, for the transformation has resulted in a whole new life for the young Marshfield native. Phyll is one of six master instructors in the U.S. and her work with Diet Workshop finds her lecturing all over the country. Here is a recipe she brought back from her recent trip to Texas. Mock Lobster Pizza Surprise contains six oz. cooked protein, 1 limited vegetable allowance and unlimited vegetables.

1/2 lb. halibut steak  
3 T lemon juice  
1 tsp. salt  
1 4 oz. can mushrooms, drained  
1 med. size tomato, thinly sliced  
2 slices of onion, chopped  
1 tsp. Parmesan cheese  
Dash of oregano

Broil halibut. Dip fish into

### Poetry Hour

The series of monthly poetry readings and concerts begun in the fall at the Hingham Public Library will continue this winter on three Sunday afternoons from 3 to 5 p.m.

On Jan. 14, Ellen Rainville will perform traditional ballads on the dulcimer. On Feb. 18, Catherine Davis, Helene Davis and Thad Davis will read their own poetry; and on March 18, poets Ron Schreiber and Richard Shaner will read from their work.

mixture of lemon juice and salt. Layer mushrooms, tomato, onion and cheese on top of fish. Sprinkle with oregano. Place under broiler for 3 min. more.

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For those on the South Shore wishing to enroll in one of Phyll's Diet Workshop classes, her scheduled meetings are held in Marshfield Mondays at 8 p.m. at the Methodist Church and Tuesdays 9 to 11 a.m. You can join at any time. In Hingham Phyllis is at the Community Center Wednesdays from 8 to 9 p.m.

After weighing in, talk centers around the benefits of a well-balanced diet, exercise and behavior modification. Phyll says it's a battle, but "people's personalities change as well. They become more outgoing, more confident and take pride in their appearance." These Yogurt Pops aren't too hard to take either. Children often need to reduce and these are marvelous snacks.

1 c. plain yogurt  
4 T frozen orange juice concentrate

Mix yogurt with frozen juice. Fill paper cups 2/3 c. full and push wooden sticks into middle of each cup. Freeze.

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Pizza, Heavenly Banana Pie, Almond Pudding, Hollandaise Sauce, Spaghetti — that's dieting? The Diet Workshop Recipe Book in its second printing is compiled of recipes that teach one how to cook for the

entire family so that all may enjoy nutritious, delicious food. Call Phyll at her Seaview Avenue home if you would like a copy of this plastic-covered, looseleaf book which has recipes such as this Veal Almost Marsala.

16 oz. veal cut for scallopini  
1/2 lemon, very thinly sliced  
1/2 c. water  
1 env. vegetable bouillon

1 tsp. sherry flavoring  
Dried fresh parsley

1 tsp. grated Parmesan cheese

Pound veal until very thin. Brown in PAM sprayed pan. Remove to plate. In pan combine water, bouillon and flavoring. Bring to boil. Reduce heat. Add veal. Top with lemon slices. Simmer covered for 5 min. Add parsley and grated cheese.

Rope — Latin Style — Line

### DISCO

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